

A PAGE OF GENERAL INTEREST TO WOMEN READERS

the more you know about coffee—and the more particular you are about aroma flavour—the more you will appreciate "SEAL BRAND" COFFEE. Once you have tried it, your choice will always be Chase & Sanborn's "SEAL BRAND" COFFEE.

1 and 2 pound tins. Whole—ground—pulverized—also
fine ground for Percolators. Never sold in bulk. 126
CHASE & SANBORN, MONTREAL.

To Make Hand-Knitted Socks According to Latest R. C. Directions

Miss Grey regrets very much that through an error the instructions for soldiers' socks, appearing last week, called for double heel, which are not the kind now required by the Red Cross Society. Inadvertently, a copy of the old regulations was used in place of the new. Readers are asked to make particular note of this.

Following are the sock regulations as they should be for the large size:
For Socks With Foot Over 10½ (Ten and One-half) inches.
Cast on 68 stitches; 4½ inches, 2 plain, 2 pur; knit plain 7½ inches (12 inches in all).
Heel—Knit plain 31 stitches on to one needle; turn, pur back these 31 stitches; slip 1, knit to end of row. Turn, slip 1, pur to end of row. Repeat (always slipping the first stitch) till you have 34 rows in all.
With the inside of the heel towards you, pur 19 stitches, pur 2 together, pur 1.

needs (on to one needle). Pick up and knit the 18 stitches at the outer side of the heel piece. Divide the heel stitches on to the two side needles, and knit right round again to the centre heel.

First needle: knit to within 3 inches of the front end of side needle, knit 2 together, knit 1.
Front needle: plain.
Third needle: knit 1, slip 1, pur slipped stitch over, knit plain to end of needle.
This reducing to be done every other row until there are 38 stitches on the needles (front needle 24, side needles 17 each).
To decrease for toe: begin at the back of the heel measures 2½ inches less than the full length required: viz. 3½ inches for sock this size.
To decrease for toe: begin at the front needle; knit 1, slip 1, knit 1, pur slipped stitch over, knit plain to within 3 stitches of the end of the needle, knit 2 together, knit 1.
Second needle: knit 1, slip 1, knit 1, pur slipped stitch over, knit plain to end of needle.
Third needle: knit plain to within three stitches of the end, knit 2 together, knit 1.
Knit 3 plain rounds, then decrease as before; knit another 3 plain rounds, then decrease as before.
Knit 2 plain rounds, then decrease as before; knit another 2 plain rounds, then decrease as before.
Knit 1 plain row, then decrease again; knit another plain row, then decrease again; knit another plain row, then decrease again.
Now decrease as above in each of the next 3 rows, which leaves you with 24 stitches on 2 needles, 12 on each.
Intake of toe: Having 24 stitches on 2 needles, put 12 on needle across front, and 12 on back needle. Break off wool leaving half a yard with which to finish off sock and thread it into a darning needle. Put darning needle in first stitch of the front knitting needle as if to pur; pull wool through and take off stitch. Put darning needle in next stitch of front needle as if to pur; pull wool through and take off stitch. Go to back needle, being particularly careful that the wool is taken under the knitting needle each time and not over. Put darning needle in first stitch of the back needle as if to pur; pull wool through and take off stitch. Put darning needle in next stitch of the back needle as if to knit; pull wool through and leave stitch on. Return to front needle, put wool in first stitch (the one previously purled) and repeat.

Join the "Home-Lovers" Rug Club

During January we are forming a new club. This time it will be Rugs. It costs nothing to join the club. Any honest person may become a member and select their Rug, which will be delivered on payment of a small deposit, the balance to be paid \$1.00 Weekly or \$5.00 Monthly.

THERE IS NO EXTRA CHARGE FOR CLUB TERMS. OUR PRICES ON ALL QUALITY RUGS ARE ABSOLUTELY RIGHT.

The Club Will Close January 31, Make Your Selection Now!



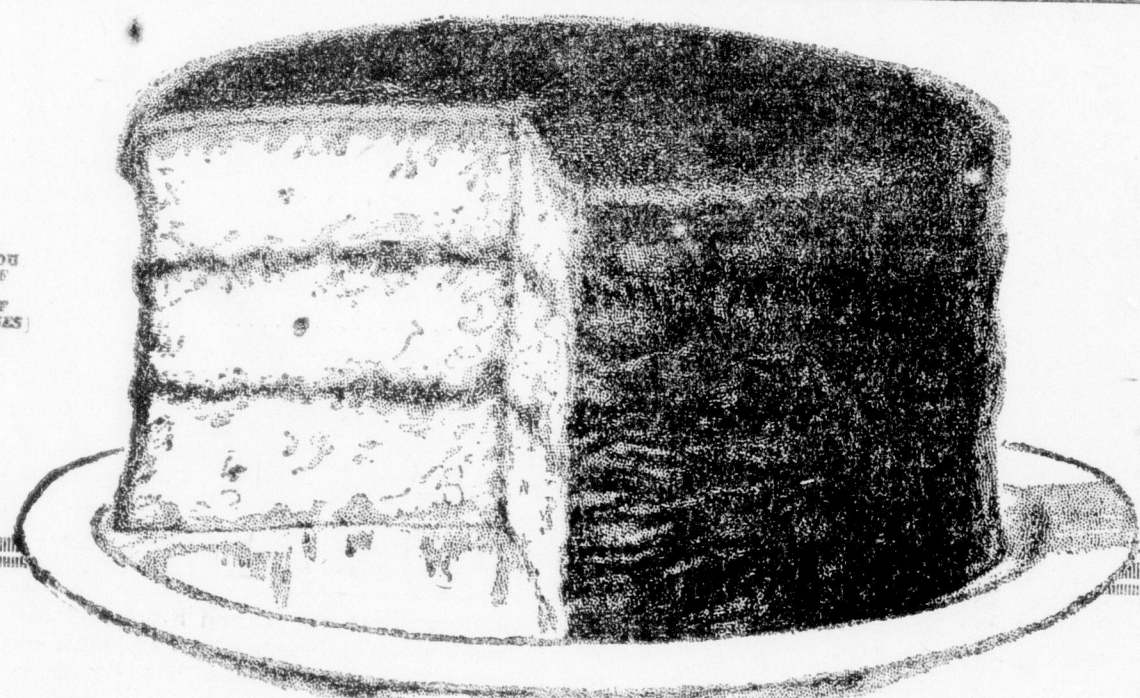
WILTON RUGS—In all the beautiful Persian and oriental effects. From \$20.00 to \$150.00
AXMINSTER RUGS—English and Canadian manufacture, long wearing, beautiful Rugs. From \$15.00 to \$75.00
BRUSSELS RUGS—In all the dainty bedroom designs and shades, as well as all the staple living and dining-room patterns. From \$15.00 to \$40.00
TAPESTRY RUGS—Good English Tapestry Rugs are here in abundance in every conceivable design and color. From \$7.50 to \$35.00
ART RAG RUGS—In all the newest designs and colorings, square, round or oval.
SMALL MATS AND HALL RUNNERS—In every size and quality. From \$1.00 to \$35.00

IF YOU NEED A RUG THIS SPRING IT WILL PAY YOU TO BE HERE THIS MONTH.

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LONDON'S LARGEST HOME FURNISHERS.

226, 228, 230 DUNDAS STREET.



Age Only Improves A Five Roses Cake

Some housewives demand Lightness in cakes—
Some demand Fine Flavor, or mere Appearance.
Users of FIVE ROSES Flour demand more—and they get it consistently, because its wholeness and baking qualities seldom vary.
Long after ordinary cake is dry and tasteless, you can readily identify a FIVE ROSES cake by its rare freshness of flavor and a texture still soft and moist.
Here again is the Economy of

Five Roses*
FLOUR for Breads-Cakes
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It prevents waste by keeping fresh.
For it is the cake you make and don't eat that is costly.

Bake your next cake from FIVE ROSES, and let your folks decide without prejudice.

They will praise the new deliciousness which common flour cannot impart.

The bright porous texture will win them—the well-aerated crumb; the thin, tender crust without cracks.

How well it cuts without crumbling, leaving no roughness on the face of your company cake.

Have no fear of a cake, whether layer or loaf, that FIVE ROSES makes. Its amazing lightness brings no regrets.

Even fruit cakes are lighter because of FIVE ROSES.

At your dealer's, see that you get FIVE ROSES.

OVER 200 CAKE RECIPES

Pages on bread, pastries, puddings. A different recipe for every occasion—each tested, reliable. Indispensable to the ambitious housewife, the famous 144-page FIVE ROSES Cook Book cost a small fortune. Sent Postpaid for 20 cents (in stamps). Address: Dept. C, LAKE OF THE WOODS MILLING CO., LIMITED, MONTREAL.

*Guaranteed NOT BLEACHED—NOT BLENDED

Cynthia Grey's Mail-Box

A Woman's Ambition.

Dear Miss Grey,—Could you tell me the limit age for nurses entering training, I am thirty-six and am very anxious to enter a hospital, but am afraid I am too old. Wishing you and your Mail-Box readers a happy New Year. WOULD BE.

Ans.—I believe that the age limit is 35 for nursing candidates, but it is possible you could obtain a "special dispensation." It would be worth while inquiring, anyway.

Re Woman Suffrage.

Dear Miss Grey and Reader,—Could you or any of the readers tell me where to get any literature on "Woman Suffrage"? I live miles and miles away from a library, but thought I might get some pamphlets or something on the subject to help me in a debate for

Advertiser Patterns



A NEW AND ATTRACTIVE MODEL.

1900—Ladies' Dress. Mixed novelty suit in gray tones is here shown. The waist of lining is overlaid with material and covered with over buttons that are lapped in front in surplus style. A smart cape collar and a round rolled collar finish the neck edge. The sleeve is new and attractive. The skirt has shaped pockets and is cut with ample fulness. This style is nice for satin, tulle, serge, duvetyne, broadcloth, velour, gabardine and velvet. It would be effective and pretty in combinations of cloth and silk or satin. The pattern is cut in six sizes, 34, 36, 38, 40, 42 and 44 inches bust measure. Size 36 requires 6½ yards of 44-inch material. The skirt measures about 3½ yards at the lower edge.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT.
Please send above-mentioned pattern, as per directions given below, to:

Name.....

Town.....

Province.....

Age (if child's or misses' pattern).....

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure you need only mark 22, 24, or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from

GRAY'S, LIMITED

Some Saturday Bargains in Ready-to-Wear Department

Women's White Flannelette Gowns,
Regularly \$1.25, Saturday Sale Price, 98c

Three dozen White Flannelette Gowns of good quality, open-front style, with yoke, long sleeves, narrow embroidery around close-fitting neckband; sizes 56, 58 and 60; regular \$1.25 value. On sale Saturday at 98c

\$1.00 and \$1.25 House Dresses for 75c

One table of Gingham, Print and Wrapperette House Dresses, with short sleeves, mostly in light colors; broken lines and odd sizes are these dresses from this season's stock; sizes range from 34 to 44; regularly sold at \$1.00 and \$1.25. To clear Saturday at 75c each

Bungalow and Bib Aprons, Specially Priced at 39c

A complete Overall Apron, made with kimono sleeves, pocket and belt across back, in good quality striped prints; worth 50c. Our special price is 39c
Bib Aprons in striped prints. Special value at 39c

Black Sateen Underskirts at 50c

Very special value are these Sateen Underskirts in black only, full widths. Price 50c

Skating Sets Reduced—Regular \$2.95 for \$2.25

Smart Brushed Wool Skating Sets, consisting of toque and scarf, in cardinal, brown and navy with white stripes across the ends of scarfs, white wool pom-poms on either side of toque and white stripes around the turn-back band; regular \$2.95. Saturday sale price \$2.25

Special Clearance of Remnants in Staple and Linen Depts.

After taking stock, we find we have accumulated a great variety of short ends of Table Linens, Towelings, Wrapperettes, Prints, Tie-kings, Flannels and Flannelettes. These we have marked at greatly reduced prices for a quick clean-up. On sale Friday and Saturday. In Table Linens we have about 150 ends, ranging in lengths from 1½ to 2½ yards, in bleached and unbleached qualities, at very special prices.

One table of Wrapperette and Heavy Kimono Cloths, lengths from 1½ to 6 yards; qualities worth up to 25c yard. On sale for 15c yard

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HOME JOURNAL PATTERNS.
140 DUNDAS STREET.
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Also could anyone send me instructions for making a bill for a girl of 14 years, and one for a boy of 2 years. Sent in request before, with some for prisoners' fund, but they must have gone astray. I will send 25 cents for fund again. Would send more, but I have some of my own at the front. Will pay for pattern or do anything I can in return for instructions. Thanking you, I am, MOTHER OF TWO.

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